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DOLLS THAT KILL

WITH ANOTHER TALE OF A DEADLY DOLL COMING TO A THEATRE NEAR YOU, METRO LOOKS BACK AT HOLLYWOOD'S DANGEROUS DUMMIES PAGE 14

THE STAGE IS SET

Royal Winnipeg Ballet soloist Sophia Lee and principal dancer Liang Xing play Annie and Gordon in Going Home Star – Truth and Reconciliation during a media preview on Tuesday. Based on a story by acclaimed author Joseph Boyden, Going Home Star makes its worldwide debut on Wednesday at the Centennial Concert Hall. BERNICE PONTANILLA/METRO

Review sought in police handling of missing teen

Tina Fontaine . Two officers came across the 15-year-old during a traffic stop in August — a week after she had been reported missing

The Assembly of First Nations is calling for an independent probe of how police handled the disappearance of a teen whose body was eventually pulled from the Red River wrapped in a bag.

Police in Winnipeg are conducting an internal investigation after discovering two officers came across Tina Fontaine during a traffic stop in August — a week after she had been reported missing — but did not take her into custody.

The 15-year-old was last seen the following day. Fontaine's body was found more than a week later.

Quoted

"It is unfathomable that police officers would not take into their care a teenage girl who is reported missing."

Cameron Alexis, Alberta regional chief with the Assembly of First Nations

Police say the two officers have been put on administrative duties while the investigation is ongoing.

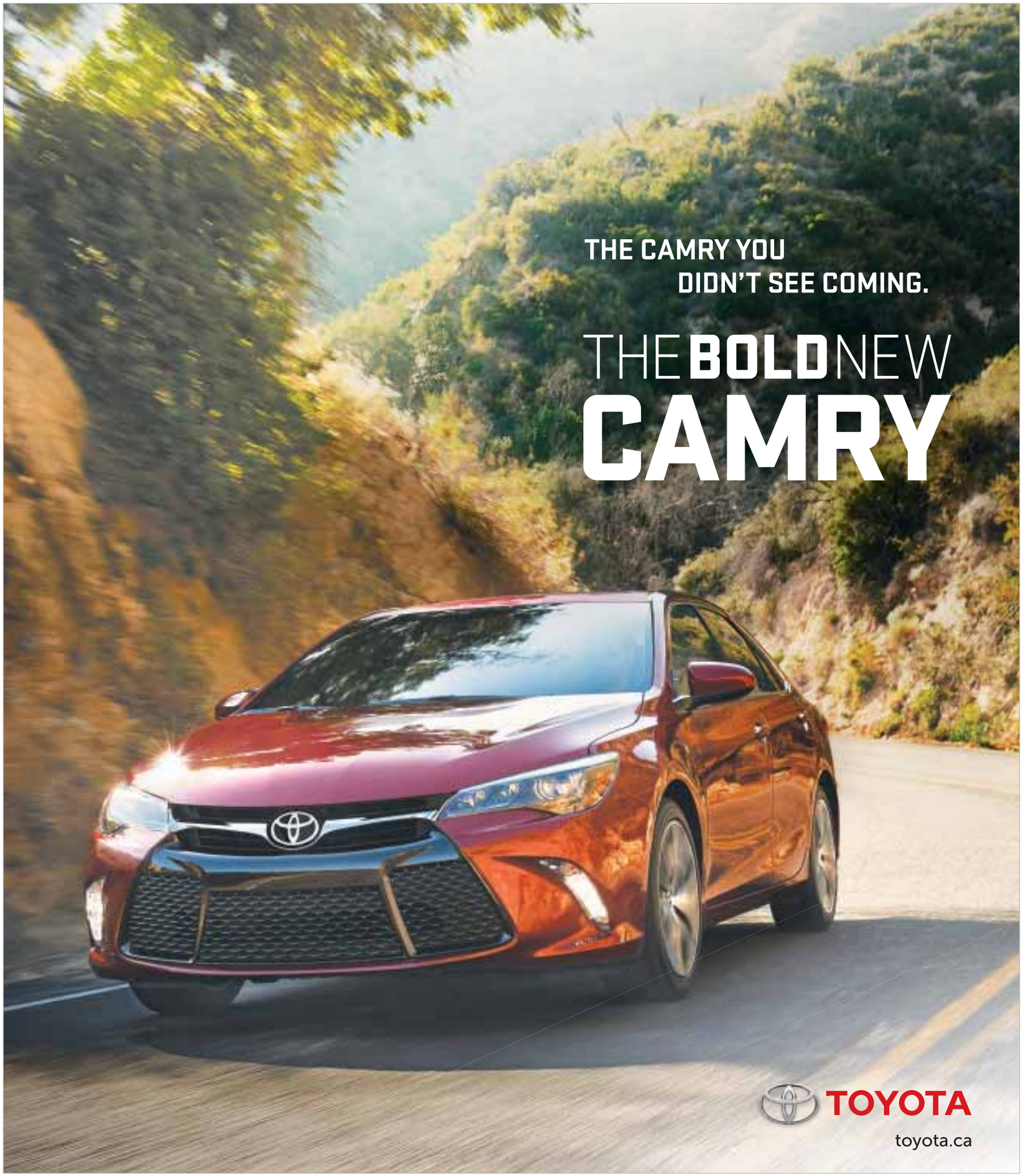
But Cameron Alexis, Alberta regional chief with the Assembly of First Nations, says an internal review isn't enough and the province should bring in independent investigators.

"It is unfathomable that police officers would not take into their care a teenage girl who is reported missing," Alexis, who is also a retired RCMP member, said Tuesday. "It appears to be a systemic failure from top to bottom ... This is an example of what's going on across the country."

But Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs said he's met with Winnipeg police Chief Devon Clunis about the investigation into Fontaine's death and says the focus should be on finding her killer.

"I do believe that the Winnipeg Police Service are dedicated to finding that out," said Nepinak, adding they need time to conduct their internal investigation. "I wait for the outcome of that investigation and if we deem that it's been an inappropriate process, we will hold the Winnipeg Police Service and the City of Winnipeg to account."

THE CANADIAN PRESS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1
CHILD WELFARE
The Assembly of Manitoba Chiefs released a report that says there should be more aboriginal control over the provincial child welfare system, and points to a need for more community support for aboriginal families.

2
ARSON SUSPECT ARRESTED
Winnipeg police say they have arrested a 24-year-old man who allegedly set a fire at a house on Flora Avenue at about 2:40 a.m. Tuesday after he was asked to leave.

3
PLASTIC NOT SO FANTASTIC
California has become the first U.S. state to ban single-use plastic bags. A new bill preserves more than 100 local plastic-bag bans.

4
TORCH ROUTE
The torch relay route for the Toronto 2015 Pan Am Games is set to be revealed today with the help of ex-astronaut Chris Hadfield and Olympians Simon Whitfield and Catriona Le May Doan.

5
COMING SOON
Online streaming firm Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger, Hidden Dragon sequel available online as it debuts at IMAX cinemas.

Man critically hurt in crash near Polo Park faces charges

Crime. Police say they suspect the driver was intoxicated while leading them on a chase

SHANE GIBSON
shane.gibson@metronews.ca

A man who's fighting for life in hospital faces a long list of charges, including drunk driving, after police say he led them on a Monday night chase before crashing near Polo Park.

The chase began around 10:45 p.m. Police say the driver of a speeding 2000 Dodge Caravan nearly sideswiped a marked cruiser on Balmoral Street near Notre Dame Avenue.

Cops gave up the chase on the ground for safety reasons, but officers in Winnipeg's police helicopter, AIR1, watched from above as the vehicle travelled recklessly through the West End, crashing into a Plymouth Reliant at the corner of Ellice Avenue and Arlington Street before finally slamming into construction equipment in the 1400 block of Ellice Avenue.

"Everyone in that immediate area was put at risk," said police spokesman Const. Jason Michalyshen Tuesday. "This was a very spectacular — and I say that cautiously — incident with respect to the speeds, manner of driving and then ultimately the collision."

A 48-year-old man was taken into custody at the scene before being rushed to hospital, where he remains in critical condition. No one else was seriously injured.

Police say the van wasn't stolen, and, other than being intoxicated, Michalyshen couldn't say what led the man to flee from officers.

AIR1 captured video of the chase and subsequent crash, but the footage is not being released because it will likely be used as evidence in court.

Police continue to investigate and charges are pending against the driver.

A man is in critical after this crash on Ellice Avenue on Monday. COURTESY 680 CJOB NEWS

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MAYORAL CANDIDATES SHARE IDEAS

Paula Havixbeck: New environment committee would be given more power

Mayoral candidate Paula Havixbeck said on Tuesday she wants to overhaul the way city council gets advice on sustainability issues.

Currently, the mayor's environmental advisory committee can be asked to review city plans or make recommendations, but the group of external experts has no real power.

Havixbeck said that would all change if she was mayor.

"We're not measuring effectively enough what we're doing and what the outcomes are, so how do we know where to improve?" she said. "This is a more proactive approach, and it would have a lot more teeth."

Havixbeck pledged to chair the group herself, and to include representation from the environmental community, civic administration and provincial government.

Paula Havixbeck talks about her environmental platform in front of the city's water and waste headquarters Tuesday. COLIN FAST/FOR METRO

Under her plan, the committee would be put in charge of developing strategies to reduce the amount of phosphorus discharged into the Red River. It would also be asked to review whether garburetors should be banned and grey water systems made mandatory in new housing developments.

As part of her environmental platform, Havixbeck added that she'd ban the sale of bottled water in city facilities and provide more water fountains in skate parks and arenas.

COLIN FAST/FOR METRO

Quoted

"We're not measuring effectively enough what we're doing and what the outcomes are, so how do we know where to improve?"

Paula Havixbeck, candidate for mayor of Winnipeg

ANNOUNCEMENT
Luke's Machinery Co. Ltd. will cease to conduct business as of December 31, 2014.
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Sincerely, Mel Lazareck
Luke's Machinery Co. Ltd.

David Sanders talks about city finances Tuesday. COLIN FAST/FOR METRO

David Sanders: The City of Winnipeg has some tough budget decisions ahead

David Sanders said his mayoral opponents have unrealistic tax proposals, but he refused to make any specific financial commitments during an announcement at his campaign office on Tuesday.

Sanders, who has spent as much time at city hall as some councillors over the past few years, said he would have to review the books and meet with council before coming up with his own budget plan.

"I think it's irresponsible to pick a number out of thin air," he said, while pledging that the public would have a real opportunity to participate in the budget process.

Education property taxes

Sanders suggested one of the best things the province could do for the city is reduce education property taxes, which would allow more room for the city to increase its own rates.

Sanders warned the city could be facing a $100 million shortfall in 2015, which could only be balanced through a combination of raiding reserve accounts, borrowing more money, and increasing property taxes up to five per cent.

However, with provincial and federal elections scheduled over the next 18 months, he said "this is a very good time to negotiate with other levels of government" for more funding.

COLIN FAST/FOR METRO

Brian Bowman: Expenses such as lunches, rebates on campaign donations 'ludicrous'

City pensions, campaign rebates and ward expense accounts are just three of the items on Brian Bowman's hit list if he becomes mayor next month.

"My priority will be to ensure the city finds significant cost savings in order to provide better service and greater value for Winnipeggers," he said at a campaign announcement Tuesday.

Councillors would be asked to tighten their belts by forgoing use of city funds to pay for golf tournaments, home cable and internet, or meals with city employees.

"I find these expenses are ludicrous and irresponsible for public servants," he said.

He'd also eliminate rebates on donations to council campaigns, which costs the city around $500,000 every election.

Brian Bowman demonstrates the Street Bump app Tuesday. COLIN FAST/FOR METRO

One of the biggest items on his agenda is restructuring pension and benefits plans to come up with a "more sustainable program for all new city hires." That move could potentially save millions in benefits costs and retirement bonuses, but Bowman has not yet discussed the proposal with any of the civic union leaders.

Bowman also said he'd create a new standing committee for innovation, modelled after similar groups in Boston and Philadelphia, to explore ways to use technology to solve civic problems.

As one example, he cited Boston's Street Bump app, which gathers information on road conditions based on how much users' phones get bounced around while they're driving.

COLIN FAST/FOR METRO

Graeme Green stops to check out a photo in the lobby of the Richardson Building, part of the Flash Photographic Festival. SHANE GIBSON/METRO

Festival puts focus on photography

The inaugural Flash Photographic Festival is turning nooks and crannies at ordinary places across the city into pop-up galleries for some of Winnipeg's best photographers.

The festival will see the work of 50 shutterbugs displayed at 34 different locations — spots ranging from the lobby of the Richardson Building downtown to a bus stop at the corner of Broadway and Garry Street — for the entire month of October.

"People can put their pictures where ever they want," explained festival executive producer and local photographer, Leif Norman.

"It's not like just another show at a coffee shop that no one remembers."

On top of the free venues, the festival is also planning seminars, workshops, studio visits and demonstrations throughout the month.

The festival kicks off with a free opening night bash at the WAG starting at 8 p.m. Wednesday.

For a full list of the venues, artists, and information on the various events planned — and to download the festival's app — go to flashfest.net.

SHANE GIBSON/METRO

Art exhibition. Dali exhibition breaks first-day attendance record at WAG

Hello, Dali. Winnipeg is excited to see you.

The new Dali Up Close exhibit, along with the masterworks from the Beaverbrook Art Gallery exhibit saw more than 4,000 people take in the two shows Saturday, a new record for opening day for the Winnipeg Art Gallery.

"What an outstanding way to kick off two exceptional exhibitions," said Dr. Stephen Borys, WAG Director, in a press release.

"Visitors asked for more world-class art and these opening numbers tell us that we've hit the mark once again," Borys said. "It was also rewarding to see such an amazing cross-section of the city at the WAG — people from every community, and every age and background, making the most of their art gallery."

The Winnipeg Art Gallery unveiled Dali's Santiago El Grande Tuesday just a few days before the Dali Up Close exhibit opens to the public Sept. 27. The piece, which stands over four metres high, is best viewed by sitting or lying on the floor in front of it, according to gallery staff. SHANE GIBSON/METRO

Salvador Dali, a 20th century Spanish surrealist artist, painted more than 1,500 pieces in his career.

Both exhibitions run until Jan. 25. SHANE GIBSON/METRO

Manitoba deficit $4M higher than forecast: Report

Net debt jumps by $1.4B. Net debt now makes up 28.8 per cent of GDP and 122 per cent of government revenues

Manitoba's deficit was slightly higher than expected last year, says a report that is bound to provide ammunition to the opposition parties.

The annual public accounts document released Tuesday shows the deficit for the 2013-14 fiscal year was $522 million — $4 million higher than budgeted.

Expenses were higher than expected in some areas, such as auto insurance claims at Crown-owned Manitoba Public Insurance due to a long cold winter with icy roads. On the plus side, it was a good year for crops, and retail sales were up as well.

Finance Minister Jennifer Howard said the government stayed close to its target while spending money on infrastructure and job creation.

"We have managed to stay on track by focusing our resources on jobs, infrastructure and the health and education services that families count on," Howard said.

But the extra red ink may raise more concerns about the NDP government's promise to balance its budget by 2016-17. The province has been running deficits since 2009 and earlier pushed back a promise to be in the black by 2014.

Defending deficit

The government has defended its deficits as the best way to ride out the global economic slowdown. Howard has repeatedly said the Tories would implement deep spending cuts if elected, while the NDP believes spending has stimulated job growth and kept the provincial economy growing.

Tuesday's report showed the provincial net debt jumped by $1.4 billion to $17.3 billion. As a percentage of GDP, it increased to 28.8 per cent from 27.3. As a percentage of government revenues, it moved up to 122 per cent from 117. THE CANADIAN PRESS

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Officials confirm first case of Ebola diagnosed in U.S.

Dallas. Patient is in isolation at Texas Health Presbyterian Hospital

Dr. Edward Goodman, left, epidemiologist at Texas Health Presbyterian Hospital Dallas, speaks as Dr. Mark Lester, Southeast Zone clinical leader for Texas Health Resources, looks on during a news conference on Tuesday about an Ebola-infected patient they are caring for in Dallas. LM OTERO/THE ASSOCIATED PRESS

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel patterns indicated a possible case of Ebola.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on the plane, according to the Centers for Disease Control and Prevention.

CDC Director Dr. Tom Frieden said the patient came to the U.S. to visit family and has been hospitalized since the weekend. State health officials said no other cases are suspected in Texas.

Specimens from the patient were tested by a state lab and confirmed by a separate test by the Centers for Disease Control, said Carrie Williams, spokeswoman for the Texas Department of State Health Services.

Zachary Thompson, director of Dallas County Health & Human Services, said health officials in North Texas are well equipped to care for the patient.

Four American aid workers who became infected while volunteering in West Africa have been treated in special isolation facilities, and a U.S. doctor exposed to the virus in Sierra Leone is under observation in a similar facility at the National Institutes of Health. The U.S. has only four such isolation units, but the CDC has insisted that any hospital can safely care for someone with Ebola.

Health officials use two primary guidelines when deciding whether to test a person for the virus — whether that person has travelled to West Africa and whether they have been near other people who have been exposed, said Centers for Disease Control and Prevention spokesman Jason McDonald.

THE ASSOCIATED PRESS

Nova Scotia. Men's rugby at Dalhousie suspended over hazing allegations

A Nova Scotia university that saw its women's hockey team sidelined last year over complaints of heavy drinking and humiliating behaviour has suspended its men's rugby club while it investigates fresh allegations of hazing.

A spokesman with Dalhousie University in Halifax said that the school began looking into the matter after receiving a formal complaint from a university employee sometime within the last two weeks.

Brian Leadbetter wouldn't provide any details about the nature of the complaint, who filed it, where the incident occurred or who was involved, but he said it was serious enough to warrant a suspension of the team's privileges.

"We do not tolerate behaviour that humiliates, disrespects or threatens anyone in the campus community … and that's why we're moving ahead with this investigation," he said. THE CANADIAN PRESS

Player suspended

McGill football coach resigns

The head coach of the McGill Redmen football team has stepped down in protest of the university's decision to suspend a player charged in an alleged case of domestic violence.

Clint Uttley resigned from his post on Tuesday. A resignation letter attributed to Uttley said the coach objected to McGill's decision to suspend Luis-Andres Guimont-Mota after his arrest last week.

He said that he believes in giving people a second chance, noting that McGill did not object to the player's presence on the team when he was sentenced to 90 days in jail last year after pleading guilty to assaulting a man. THE CANADIAN PRESS

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‘I thought I was going to die,’ says volcano survivor

Mount Ontake. One of Japan’s 110 active volcanoes erupted unexpectedly Saturday, killing about 36 people

Local firefighters check toxic fumes on Mount Ontake after its eruption on Saturday. THE ASSOCIATED PRESS

Huge boulders fell from the sky; billowing grey smoke cast total darkness over the mountain; volcanic ash piled on the ground, with fumes filling the air.

Some survivors of the eruption of Mount Ontake made split-second decisions to hide behind big rocks or escape into lodges that dot the mountain’s slopes. Hikers — soaking in the 3,000-metre view from above sea level — fell to the ground, hit by rocks or possibly suffocated by gases; they were quickly buried in ash. At least 36 people were killed in Saturday’s surprise eruption.

One of the fortunate ones was Sayuri Ogawa, a 43-year-old mountain guide, who said the situation was a near-death experience.

“I couldn’t breathe, and rocks kept falling down,” she said. “I thought I was going to die.”

Ogawa was shocked when she returned to her home in the Nagao prefecture and saw footage of the eruption on TV.

“It was intense, it was almost surreal,” she said. “I have to remind myself that anything can happen at the mountains.”

THE ASSOCIATED PRESS

Hong Kong leader refuses to meet with protesters

Pro-democracy protesters hold umbrellas under heavy rain in a main street near the government headquarters in Hong Kong late Tuesday. Hong Kong’s leader refused to meet with pro-democracy demonstrators by their midnight deadline, despite their threats to expand the protests that have clogged the streets with tens of thousands of people in the stiffest challenge to Beijing’s authority since China took control of the former British colony in 1997. THE ASSOCIATED PRESS

Georgia teen’s shooting

Final arguments begin in first-degree murder trial

Closing arguments have begun in the first degree murder case of a man who fatally shot a teenager after an argument about loud music outside a Jacksonville convenience store.

Prosecutors say Michael Dunn killed 17-year-old Jordan Davis of Georgia in November 2012 when he fired 10 times into an SUV carrying four black teenagers. The case stirred racial tensions.

Dunn was convicted of three counts of attempted second-degree murder in February and already faces at least 60 years in prison.

The jury in the first trial deadlocked on the first-degree murder count.

After the arguments, the jury will begin deliberating the case. THE ASSOCIATED PRESS

It’s a girl!

Man serving 28 years becomes dad

Imprisoned Dutch killer Joran van der Sloot is now a father. His attorney, Maximo Altez, says the girl was born Sunday in Lima, Peru.

Van der Sloot is currently serving a 28-year sentence for the killing of a Peruvian business student in 2010. THE ASSOCIATED PRESS

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UBC's ISIS Research Centre to change name

Negative association.
ISIS, or the Islamic State of Iraq and al-Sham, is a terrorist group

Quoted

"We take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at as well."

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre

THANDI FLETCHER
Metro in Vancouver

A University of B.C. research centre has become an unexpected victim of the terrorist group known as the Islamic State of Iraq and al-Sham, or ISIS.

The university's ISIS Research Centre is changing its name to distance its brand and avoid confusion with the high-profile terrorist group responsible for the recent deaths of two American journalists and widespread violence in Syria and Iraq.

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre, said staff decided to look into a name change after media coverage of the terrorist group intensified in recent weeks.

"They have such a negative association, we felt that this was the time to change the name," she told Metro. "We take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at, as well."

The centre isn't the first entity to be forced to change its name because of its now-negative association with the terrorist group.

A Calgary jewelry shop named Isis recently changed its name, along with a U.K. private equity firm and an educational initiative at a Texas University.

UBC's ISIS Research Centre was originally named in 2010 after the Egyptian deity Isis, who is the goddess of fertility and a steward to the poor, said Buczkowska-McCumber.

The name was written in capital letters for style reasons, she said.

"We wanted the name to really be meaningful in the sense that what we do is really focused on innovation with a social and environmental impact using business tools," she said.

Buczkowska-McCumber said the research centre is fast-tracking the process to adopt a new name.

The centre hopes to launch within the next couple of weeks, she said, adding: "The sooner the better."

Refugees arrive at Turkey-Syria border as airstrikes target ISIS

A Turkish soldier holds the hand of Sidra, 12, a Kurdish refugee girl from Kobani who lost her parents after their arrival at the Turkey-Syria border near Suruc, Turkey, Tuesday. U.S.-led coalition airstrikes targeted Islamic State of Iraq and al-Sham (ISIS) fighters pressing their offensive against a Kurdish town near the Syrian-Turkish border on Tuesday in an attempt to halt the militants' advance, activists said. BURHAN OZBILICI/THE ASSOCIATED PRESS

"I'm looking for something more long term."
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'There's no quick fixes.' Combating terrorists in Iraq will take time: Baird

As the federal cabinet considers sending fighter jets to Iraq, Foreign Affairs Minister John Baird suggests Canada and other countries could be in for a long mission.

Baird predicts that battling extremists in Iraq and elsewhere will take time and says Canada is in uncharted territory when it comes to directly engaging terrorist elements.

"Terrorism, radical extremism, this is the great struggle of our generation," the minister said.

"Whether it's in Iraq, whether it's in Nigeria with Boko Haram, whether it's with al-Shabab in Somalia … there's no quick fixes."

The federal cabinet is considering the possible deployment of CF-18 jets, along with surveillance aircraft, following an American request for Canada to become more involved in the ever-expanding air war against the Islamic State of Iraq and al-Sham (ISIS).

Baird says he won't speculate on what decision he, Prime Minister Stephen Harper and their cabinet colleagues will reach.

But he told reporters in Ottawa on Tuesday that cabinet will play off recent military experiences in Libya and Afghanistan in deciding.

National Defence officials and critics question how long Canada could sustain such a combat mission, given the age of its fighter fleet and other commitments.

Canada already has four CF-18s flying air policing missions over the Baltic as part of NATO's eastern European reassurance measures on behalf of Ukraine.

Following the Libya bombing campaign of 2011, there was concern in the air force that the CF-18 fleet was already being driven too hard, even with life-extension upgrades completed under the former Liberal government.

THE CANADIAN PRESS

Greater involvement

The federal cabinet is considering the possible deployment of CF-18 jets, along with surveillance aircraft.

Space conference

Russia upset over Canadian visa denials

Canada's refusal to allow Russian delegates to attend a prestigious international astronautical symposium has angered Moscow, which said the decision flies in the face of international space co-operation and amounts to politicizing space exploration over the conflict in Ukraine.

THE CANADIAN PRESS

White House breach

Secret Service director faces criticism

U.S. Secret Service Director Julia Pierson acknowledged on Tuesday that her agency failed in its mission of protecting the White House when a man with a knife entered the mansion and ran through half the ground floor before being subdued.

"It's unacceptable," Pierson told lawmakers as she faced blistering criticism.

THE ASSOCIATED PRESS

Magnotta jurors shown photos, bizarre notes referencing PM

Jun Lin murder trial. PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

In this artist's sketch, Luke Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. MIKE MCLAUGHLIN/THE CANADIAN PRESS

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f—ked up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount a defence of mental disorder.

On Tuesday, the jurors were able to view photos taken in 2012 by three Montreal police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator and on a mattress.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

Alberta

Man aiming at coyotes shoots own arm instead

Eternally outsmarted cartoon character Wile E. Coyote has come out on top for once.

Calgary police say a man was aiming at the real-life critters on his rural property southeast of the city when he accidentally shot himself in the arm. His injuries are not serious.

CHQR/THE CANADIAN PRESS

Animal rights

Tories say no to RCMP's move to shed its fur hats

The Conservative government says it is overturning an RCMP decision to doff their muskrat hats in favour of animal-friendly tuques.

Environment Minister Leona Aglukkaq says that the public safety minister is directing the Mounties to reverse the move.

THE CANADIAN PRESS

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‘Sexist’ baby pyjamas miss the Target

‘I only date heroes’. Parents outraged to see clothing for babies playing into outdated gender stereotypes

Pyjamas for three-month-old girls and boys are seen at a Target store. HANDOUT/CHRISTINE LOGEL/CANPRESS

Hundreds of people denounced Target for selling “sexist” baby pyjamas after a university professor posted a photograph of the clothing on social media.

The boy clothing features a Superman logo and the line “Future Man of Steel,” while the girl item has the same logo but the line: “I Only Date Heroes.”

“It seems kind of ridiculous to talk about who an infant girl is going to date,” said Aimee Morrison, an associate professor of English at the University of Waterloo.

“Even for tiny babies, we seem to think of girls as gaining power and worth from whom they’re romantically linked to and boys get to become agents of action in their own right.”

The photograph was taken on the weekend at a local Target store by Morrison’s friend, Christine Logel, also a professor at the university.

THE CANADIAN PRESS

Market Minute

DOLLAR 89.29¢ (-0.37¢)

TSX 14,960.51 (-16.41)

OIL $91.16 US (-$3.41)

GOLD $1,211.60 US (-$7.20)

Natural gas: $4.13 US (no change)
Dow Jones: 17,042.90 (-28.32)

Viagra fights stiff competition with new ad

This image provided by Pfizer Inc. shows a new print ad for Viagra, the world’s top-selling erectile dysfunction drug. Having a woman speak directly to men about impotence is a unique strategy for Pfizer. The world’s second-biggest drugmaker is looking for ways to boost sales of Viagra at a time when it is encountering new competition. Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug’s sales within a year. PFIZER INC/THE ASSOCIATED PRESS

Change. EBay to split off PayPal payment system

EBay is splitting off its fastest growing segment, the PayPal payment service, the e-commerce company said Tuesday.

Investors applauded the news, sending eBay’s shares up nearly seven per cent in morning trading.

The move comes after months of pressure from activist investor and billionaire Carl Icahn, who has a 2.5 per cent stake in eBay, according to FactSet.

EBay CEO John Donahoe had been adamant that splitting off PayPal was the wrong move for the company. But Tuesday, the company said that making PayPal a separate publicly traded company next year “maximizes strategic focus and flexibility for eBay.”

PayPal provides online shoppers with an alternative to credit cards. It’s also moving into mobile payments from Internet-enabled devices such as smartphones and tablets, which are expected to become a major area of growth.

Citi Investment Research analyst Mark May said in a note last month that the sum total of mobile payments could grow from $1 billion US in 2013 to $58.4 billion by 2017. Apple threw down a gauntlet in September with its own digital wallet Apple Pay, seen as a major competitor to PayPal.

THE ASSOCIATED PRESS

Bigger is better? Qantas debuts the Airbus A380

Qantas is putting the world’s biggest passenger plane on the world’s longest airline route.

A Qantas Airbus A380 touched down Monday at Dallas-Fort Worth International Airport about 15 hours after leaving Sydney, Australia, on the 8,578-mile (13,800-km) journey.

The double-deck, four-engine jet was greeted with a water-cannon salute, then taxied to a two-storey gate that was configured just for the behemoth.

The inaugural flight carried a full load of 484 passengers, according to a Qantas spokesman.

DFW is a large airport with connecting flights throughout the U.S. and Latin America, making it ideal for the plane and the route. But the A380’s size also limits its appeal. Smaller planes such as Boeing’s latest, the 787, are more economical on many routes.

Qantas previously flew the Sydney-Dallas route with the Boeing 747, which required a stopover in Brisbane, Australia.

“The 747 served us really well, but it doesn’t have the range of the A380,” said Qantas Senior Executive Vice-President Vanessa Hudson. “The A380 is much bigger, so we can actually now provide 10 per cent additional capacity.”

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THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

JUST SAYIN'

Paul Sullivan
metronews.ca

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of The Leftovers, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really folks, this is astonishing. I half expect someone to declare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

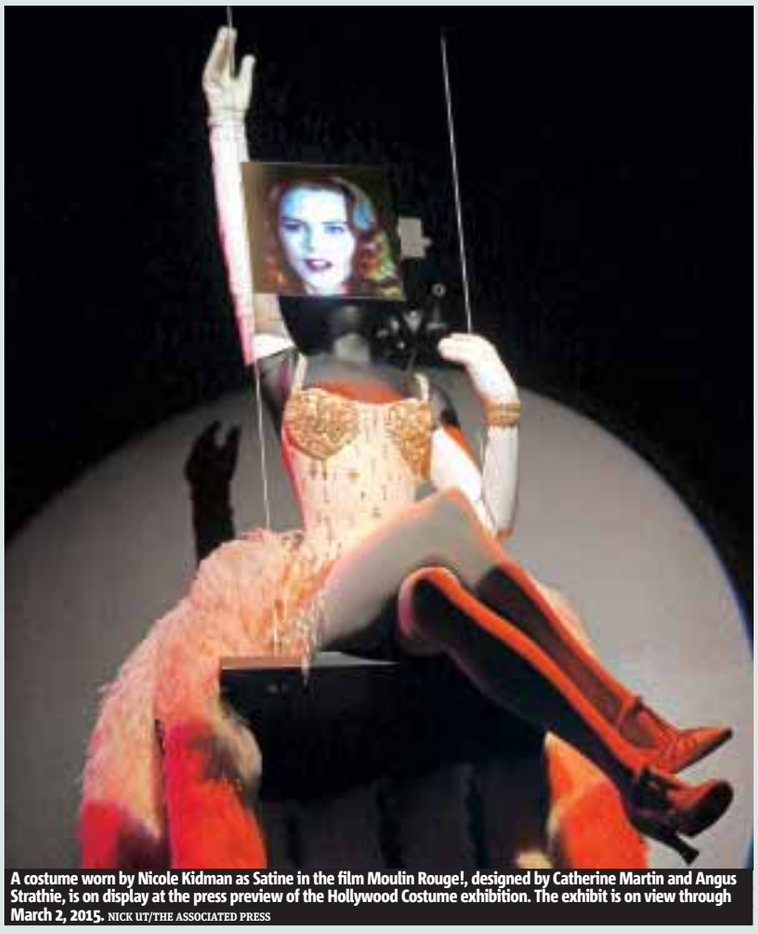
Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go, "OK". Or maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 40 years? If denial works for global warming, why can't it work for animals? Maybe we'll just wait another 40 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film Moulin Rouge!, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK UT/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's **Some Like it Hot**; John Travolta's groovy white suit from 1977's **Saturday Night Fever**; Julia Roberts' red dress from 1990's **Pretty Woman**; the blue velvet suit that transformed Mike Myers into **Austin Powers** in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's **The Wizard of Oz.**

MetroTube

Daredevil goes doooooown

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

May the sun forever shine on the brave hearts of adrenalin junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.

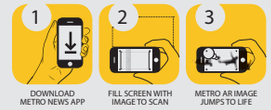
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 17 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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SCENE 2

Ben there done that: Affleck survives overexposure era

Goodwill hunting.
Actor traded in tabloid rep for more measured shots at stardom

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated Gone Girl, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as People Magazine did in 2002), they were detailing the every move of the couple known as Bennifer, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

The Wall Street Journal did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told Los Angeles Times writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

In front of the camera — in movies like State of Play — and behind it, directing the critically acclaimed Gone Baby Gone, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in The Town, a crime drama that returned him to the scene of his first success, the Boston of Good Will Hunting. The Oscar-winning Argo followed and soon he'll be seen as Batman in Batman v Superman: Dawn of Justice.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.

Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."
Ben Affleck

metro AR **Ben Affleck and Rosamund Pike join forces in Gone Girl. Scan this photo with your Metro News app to see a clip of them in action.** CONTRIBUTED

No more yes-man

"I was a little bit exhausted of myself."
Ben Affleck on taking a break after a decade of overexposure.

Ben Affleck and Jennifer Lopez in Gigli, during the Bennifer era. CONTRIBUTED

Novel Cronenberg-style — eat, prey, lust

Consumed. Body-horror director realizes childhood dream with release of his first book — a tale of mutilation and cannibalism

As a kid, body-horror master David Cronenberg thought he would become an author, not an auteur.

His father was a writer and Cronenberg says penning story and dialogue also came easily to him growing up in Toronto.

"If you had asked me when I was 16, I would have said, 'I'm sure I'll have published my first novel by the age of 21,'" the celebrated writer-director said in a recent telephone interview.

Fifty years after that target, that childhood dream has finally come to fruition with the publication of Cronenberg's debut novel, Consumed (Hamish Hamilton Canada, in stores Tuesday).

The story of two young journalists pursuing different but intersecting projects has all the hallmarks of a typical Cronenberg thriller — from body mutilation and cannibalism to science fiction and kinky erotica.

The crime mystery starts with Canadian journalist Naomi Seberg investigating a grisly case involving an illustrious pair of philosophers from Paris. Celestine Moreau and Aristide Arosteguy were seemingly happy in their unconventional marriage — until authorities announced she was found butchered and partially eaten in the couple's apartment, and he was a suspect.

As Naomi travels to Tokyo to find the missing Aristide, her boyfriend Nathan Math gets caught in a web of stories involving a Hungarian surgeon, his breast-cancer patient and a Toronto doctor who was the founder of a sexually transmitted disease that Nathan contracts.

Cronenberg, 71, said he started writing the labyrinthine tale eight years ago. The Fly director originally intended it to be a screenplay but it wasn't working, so he decided to turn it into a novel on the advice of Nicole Winstanley, president and publisher of Penguin Canada.

He made four or five movies during the writing process — including Eastern Promises, A Dangerous Method and the upcoming Maps to the Stars, out Oct. 31 — and "would literally have to take a year away from writing the novel or more" before returning to it.

"It was a very strangely sort of segmented kind of writing, very odd, and probably not the way most people do it, and I would love to know what it would feel like to sit down and write a novel and see how long it took — a year, two years, whatever, and maybe that's what I'll do next," he said.

Yes, that means he'd like to write another novel.

"I really enjoyed it a lot," said Cronenberg. "It's so completely different from any other kind of writing I've done."

Cronenberg said he got the inspiration for Celestine and Aristide from the likes of Jean-Paul Sartre and Simone de Beauvoir, noting: "The idea of a philosopher as a public figure is very traditional in France, where you wouldn't find it in America."

France is where Cronenberg is an Officer in the Order of Arts and Letters and is the homeland of his favourite filmmakers of the '50s and '60s, including Jean-Luc Godard and Francois Truffaut.

Cronenberg's passion for photography is also felt throughout the story, as Naomi and Nathan frequently discuss and ruminate on which cameras to use. Cameras are but one of many technological devices referenced in the book.

Overall, the story speaks to our obsession with our devices and technology.

"It's kind of a strange, deforming mirror, like a funhouse mirror, technology," said Cronenberg. "In the 1950s sci-fi world, technology was always inhuman and evil, it was like dehumanizing, and I never bought that because I thought technology comes from us.

"We are the only creatures who really create technology on this scale and it is absolutely a reflection of what we are, the good part and the bad part."

THE CANADIAN PRESS

Director David Cronenberg has released his first novel, Consumed, inset.
EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

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Hollywood's dollhouse of horrors

Evil playthings. As The Conjuring's Annabelle returns, Metro looks at filmdom's dastardly dolls

CHRIS ALEXANDER
scene@metronews.ca

In director James Wan's 2013 smash hit horror show The Conjuring, the most terrifying thing about the film, arguably, was the prologue-embedded tale of evil Annabelle, the malevolent haunted doll that paranormal investigators The Warrens (played by Vera Farmiga and Patrick Wilson) keep locked in their museum of monstrous things.

Now that the grinning, porcelain-sculpted plaything has got her own movie — the Wan-produced prequel Annabelle, opening wide this Friday — Metro opted to flash back into horror's history and spotlight some of the big scream's other famous deadly dolls, starting, appropriately, with ...

Annabelle, the monstrous doll of The Conjuring, returns to the big screen this weekend. LIZ BROWN/METRO

Dolls (1987)

Director Stuart Gordon chased the breakaway success of his off-colour shocker Reanimator with this ultra-gothic contemporary fairy tale, in which a pack of travellers in the English countryside end up spending the night in a kindly toymaker's mansion, home to his dense collection of meticulously designed dolls. But all is not what it seems, naturally, and soon the dolls wake up and do some very, very bad things…

Puppetmaster (1989)

Dolls' producer Charles Band was so taken with his initial excursion into killer-toy cinema that he remounted the concept for this home-video hit that spawned nine sequels, and dozens of other popular Band-produced "evil toy" B movies. This one sees a troupe of supernatural living puppets trap a gaggle of folks in a house and off them one by one, in often gruesome ways. Plenty of demented fun with top-notch David Allen stop-motion effects work.

Anthony Hopkins is a ventriloquist working with a deadly dummy in 1978's Magic. CONTRIBUTED

Magic (1978)

Anthony Hopkins gives one of his most memorable early performances (matched by co-star Ann-Margret) in this shuddery, bizarre tale of an unstable ventriloquist and his possibly haunted, decidedly lethal dummy. Plenty of eccentric touches and scares in a film that anticipates Wan's own thriller Dead Silence and echoes a pair of choice episodes from TV's The Twilight Zone, Caesar and Me and The Dummy. Speaking of which ...

The Twilight Zone: Living Doll (1964)

One of TZ's wildest episodes, Telly "Kojack" Savalas stars as a boorish man whose stepdaughter brings home a smiling chatty doll named Talky Tina.

After muttering a slew of pre-programmed pleasantries, the Living Doll of the title turns to the abusive patriarch and promises to kill him. She makes good on that promise. One of the show's most beloved instalments, it most certainly paved the way for…

Child's Play (1988)

The mother of all homicidal doll movies, this Tom Holland (Fright Night) directed thriller sees a voodoo-loving serial killer transpose his soul into the plastic body of a Good Guy doll. When said killer Cabbage Patch Kid, named Chucky, is bought by a harried single mom for her son, the Good Guy gets his mitts on a sharp instrument and resumes his maniacal ways. Clever, witty, suspenseful and genuinely scary, Child's Play has spawned four sequels to date.

Steve Carell
Jennifer Garner
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and the Terrible, Horrible, NO GOOD, VERY BAD DAY
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Matt Damon ALL PHOTOS: GETTY IMAGES

That's no way to keep the bromance alive: Matt ditches Ben for George

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's Gone Girl premiere in New York the night before.

And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. "Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead." Oof. Way to get on your best friend's wife's bad side, Matt. Funny thing, though — from perusing the red carpet photos of the Gone Girl premiere, you know who else apparently wasn't there? Jennifer Garner, who was in Los Angeles the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.

Lena Dunham

Thank Gawker for small favours — Lena will pay book tour acts after all

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. "Some good points were raised and I've ensured that all opening acts will be compensated for their time, their labor and their talents," Dunham tweeted. "The fact that Gawker pointed this out really proves Judd Apatow's saying that 'a good note can come from anywhere.'"

The Word

Bynes has got it bad and that ain't good

NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanour after they "determined she was under the influence of a controlled substance," according to E! News, though exactly what substance is still a mystery. It's nice to see her coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. "Amanda just stopped going to classes," a source says. "Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response." No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.

David Fincher

Fincher not starry-eyed when it comes to Jedi

Sure, J.J. Abrams is busy making the next Star Wars film, but it could have been Fight Club director David Fincher in charge of revamping the franchise — though probably not likely, even he admits. Fincher tells Total Film that he met with Lucasfilm early on to discuss the famous franchise. "It's tricky. My favourite is the Empire Strikes Back. If I said, 'I want to do something more like that,' then I'm sure the people paying for it would be like, 'No! You can't do that! We want it like the other one with all the creatures!'" In even less kid-friendly matters, Fincher sees the Star Wars series as "the story of two slaves (droids C-3PO and R2-D2) who go from owner to owner, witnessing their masters' folly, the ultimate folly of man," he says. "I thought it was an interesting idea in the first two (films), but it's kind of gone by Return of the Jedi."

Wha...? Doesn't Trump know nice guys finish last?

Donald Trump is not happy. Comedian Philip Bradbury duped the Apprentice boss into retweeting a photo of British serial killers Fred and Rosemary West by tweeting that the photo was of his parents, who'd always said Trump was "big inspiration."

And since the quickest way to get Trump's attention is to tell him he's important, he gladly obliged. Whoops. "I thought I was being nice to somebody re their parents. I guess this teaches you not to be nice or trusting," Trump tweeted after finding out the truth. "Maybe I'll sue." Bradbury might want to watch himself, because the Donald is probably actually serious. He does seem to love suing people, after all.

Donald Trump

Twitter

@KarenGillan2
Me and Pee-wee Herman are in the music video for TV ON THE RADIO'S new song HAPPY IDIOT

@SethMacFarlane
"Well actually Katniss, we don't want to label anyone a 'winner' or a 'loser.' Now, everyone line up for your participation trophies."

@OfficialJaden
"Hey Are You Jaden Can I Have A Picture With You" No Cause I'm Super Sad But We Can Sit And Talk.

LIFE 3

How-to

Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:
1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about $220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a $100 air credit per person. The credit grows to $350 when it's Italy you're booking and $500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**

Tool

Virtual guide to the Adirondack Park

Summon up the summits of the Adirondack Park's six million acres in upstate New York at adirondacksusa.com. A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise.
TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK

That's hot. San Fran and Sriracha top foodie travel list

Top five food destinations
1 San Francisco, USA Sriracha sauce
2 New York, USA gourmet burgers
3 San Sebastian, Spain foraging
4 Toronto, Canada hand-held pies
5 Lyon, France heritage cuisine

A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation.

Having activities and food (and alcoholic drinks) included proved to be a huge attraction, particularly for hot climates. The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic "club" rooms are also available.

Because the altitude of Valmorel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

If the children require babysitting, Club Med offers a Pyjama Club from 7 p.m. to 1 a.m., or in-room babysitting.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to make their own baby food (premade is also available).

After dinner, the G.O.'s (or Gentil Organis) put on a stage show and entertain kids and parents alike.

An indoor/outdoor swimming pool and hot tub are the perfect end to a day of skiing.

The village of Valmorel is a free five-minute shuttle bus ride away. Established in 1976, it offers a selection of ski shops, restaurants, a bakery, cinema and town music hall for shows and celebrations.

The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015.

This vacation, according to the Club Med website, will run you approximately $6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca for details.

Beyond the mountain

Club Med is also introducing the City Visit this winter, which will offer select hotels and transfers to and from Paris as an add-on at the start or end of the Valmorel ski resort vacation.

metro AR Take a visual tour of the Club Med resort at Valmorel by scanning this photo with your Metro News app. ISTOCK

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Laughter is the best (and cheapest)

Fighting back with laughter

Robin Duke is writing a one-woman cancer show. HELEN TANSY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These classic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

Throughout the day the models would come and go, replacing one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK BRESLIN
life@metronews.ca

What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course!) and there's a comedic ballet troupe called Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

I guess our parents were right when they told us to "turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine

well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

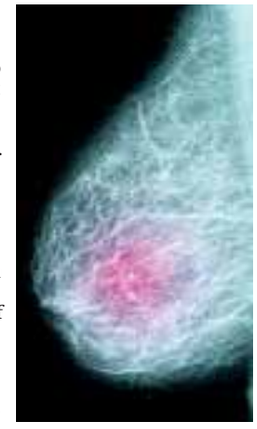
VAWN HIMMELSBACH
life@metronews.ca

Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted, treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

3D screening



Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.

5

innovations to be aware of

New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.

Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.

Improving quality of life

According to research by Karen Dobbin at CancerCare Manitoba, 88 per cent of women surveyed had at least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts.

Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.

Metastatic Breast Cancer

Many people have never heard of metastatic breast cancer, which occurs when the cancer has spread to other parts of the body, such as the bones, liver or other organs.

Metastatic breast cancer is considered an incurable disease that may be controlled through treatment, though survival rates remain low. In recent years, treatments have continued to advance and change the face of the disease, providing women with the opportunity to create more memories, and share their wisdom and advice with family and friends.

Here's what you should know about metastatic Breast Cancer:

24,600
The estimated number of Canadians who will be diagnosed with breast cancer in 2014.

30
The percentage of women initially diagnosed with earlier stages of breast cancer who later develop recurrent and/or metastatic disease.

4
The most common types of breast cancer. Knowing as much as you can about your type can help you better understand and manage your metastatic breast cancer.

3
The number of Canadian women who are diagnosed every day with locally advanced and/or metastatic disease as their first breast cancer diagnosis.

NEWS CANADA

Surviving and thriving with a metastatic breast cancer diagnosis

More than half of the new cases of breast cancer will occur in women between 50 and 69. ISTOCK

Stage IV. This is the most serious form of the disease and occurs when the cancer has spread to other parts of the body

"Being diagnosed with cancer was the scariest day of my life," said Nathalie Baudais, who is currently living with metastatic breast cancer. "But I made the choice to live my life to the fullest, even when faced with challenges."

Metastatic breast cancer (referred to as stage IV breast cancer) is the most serious form of the disease, and occurs when the cancer has spread to other parts of the body, most commonly the bones, liver, lungs and brain.

Approximately 24,600 Canadians will be diagnosed with breast cancer in 2014. Each day, more than three women will receive their first breast cancer diagnosis of locally advanced and/or metastatic disease, as did Baudais who was originally diagnosed with locally advanced breast cancer in 2008.

While she was only 29 years old at that time, over half of the new cases of breast cancer will occur in women between the ages of 50 and 69, and her diagnosis speaks to the fact that each person's experience with breast cancer is unique.

Approximately 30 per cent of those initially diagnosed with earlier stages of breast cancer later develop recurrent and/or metastatic disease. Baudais went on to be diagnosed with metastatic disease in 2011.

Research shows many women living with metastatic disease feel isolated from the greater breast cancer community.

"I think the key thing that people with metastatic breast cancer need to know is that you are not alone in this," said Baudais. "We should not allow this disease to take any more from us than it already has. We need to replace the feelings of isolation and fear with hope, community and optimism."

In recent years, treatments have continued to advance and, therefore, change the face of the disease, providing women with the opportunity to create more memories, share their wisdom, and advice with family and friends.

"It is so important that Canadians living with metastatic breast cancer feel supported and part of a greater network of women who are facing similar challenges with their diagnosis, and that no matter where they are located in this country, they have access to treatments and excellent management of their disease," said Cathy Ammendolea, Chair of the Canadian Breast Cancer Network.

"Metastatic breast cancer may be a devastating disease, but that does not change the fact that the many Canadians living with metastatic breast cancer are still vibrant members of our society with families, careers, hobbies and everything else that life is about."

For Baudais, her diagnosis of metastatic breast cancer won't stop her from enjoying every day.

"I'm sharing my experiences, so that all those living with this disease can see that there is so much more to our legacies than the cancer itself. Metastatic breast cancer will not be my legacy. My living legacy is my son."

NEWS CANADA

Types of breast cancer

Here are the latest facts and the information on this disease.

- **Types.** There are four main types of breast cancer. An important first step is to determine human epidermal growth factor-2 (HER2) and hormone receptor (HR) statuses of the breast tumour cells so that treatment can be optimized. Advanced hormone-receptor positive (HR+) breast cancer is the most common form.
- **Stats.** Approximately 70 per cent of all invasive breast cancers are HR+ at the time of diagnosis.
- **Genetic profiling.** Researchers are beginning to explore how genetic profiling can help guide decisions about which treatments are most appropriate. Personalized medicine, as it is referred to, works by assessing the genetic makeup of individual tumours and then tailoring the therapy to be more targeted.

Online

To learn more about metastatic breast cancer visit the Canadian Breast Cancer Network website at cbcn.ca.

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Cancer treatments tailored to match patient and disease

Angelina Effect.
Genetic testing helps doctors diagnose and treat the many different forms or breast cancer

EVA KIS
Metro World News in NYC

As an oncologist, Dr. Marisa Weiss knew more about breast cancer than most when she was diagnosed 4-1/2 years ago. But that knowledge didn't stop her from feeling the fears and doubts of all cancer patients.

"I really understand it from both sides of the table … that you hang on every word, watch your doctor's face for any information, try to read more into what they're trying to say," she said.

Genetic testing has accelerated the pace of innovation in treatment, which is becoming more precise. "The treatments for breast cancer are really getting very tailored," she says. "One of the things we learned about breast cancer is that it is not one disease; there are different types of breast cancer that behave very differently and are treated very differently."

As Breast Cancer Awareness month begins, Weiss, who founded BreastCancer.org and practises in Philadelphia, tells Metro how the field has changed in the past year and the future of treatment.

Where do we stand?

Breast cancer used to be an uncommon disease 100 years ago. It has since become the most common cancer to affect women: 29 per cent of all cancers in women start in the breast. We are not making headway in terms of the incidence of breast cancer, but our methods of detection have improved, giving us more precise tools for finding it early, when it's most treatable.

Facts and figures

Breast cancer is the second-most common cancer diagnosed worldwide, with 1.7 million new cases in 2012.

- **Breast cancer** accounts for 1 in 4 of all cancer cases in women globally.
- **Having one** first-degree relative (mother, sister, daughter) with breast cancer doubles your risk; two first-degree relatives triples it.
- **There are** more than 6.3 million breast cancer survivors worldwide.

What's new in the past year?

Just over a year ago, Angelina Jolie shared her personal story about having the BRCA1 gene in her family, and so there is the Angelina Effect. About twice the number of women are getting genetic testing now than before. Still, genetic testing is drastically underutilized.

How have treatments changed?

As our understanding grows about what is producing cancer and how we can most effectively get rid of it, the options are also expanding and designed to be tailored to each individual. So that's tricky when you're painting a diagnosis 'cause there's no one-size-fits-all, and you can't just do what your best friend did; it may not apply to you.

How are these treatments being developed?

There are the different cells that make up one cancer that require different forms of treatment that work in different ways. What's driving these advancements is trying to better understand the genes and proteins that turn on and turn off breast-cancer growth, as well as their ability to behave in certain ways, like invade normal tissue.

Angelina Jolie has increased the popularity of genetic testing. GETTY IMAGES

Together with our mothers, sisters, daughters and friends,
we are working to beat breast cancer.

Greg Selinger
MLA for St. Boniface
Premier of Manitoba
204-237-9247
GregSelinger.ca

Erin Selby
MLA for Southdale
204-253-3918
ErinSelby.ca

Nancy Allan
MLA for St. Vital
204-237-8771
NancyAllan.ca

Dave Gaudreau
MLA for St. Norbert
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204-946-0272
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Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

A mentor's encouragement can help you take the first step in tackling a career challenge. ISTOCK

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective on navigating your own career path.

No matter what stage you're at in your career, a mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Even where their advice doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them.

This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for you.

It is never too late or too early to find yourself a mentor. Having a mentor can benefit you no matter what stage you're at in your life and career.

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Another viewpoint

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Answering your questions

A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed personal counterpoint.
- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

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"Now that I'm finished and I see what my future is, I wouldn't change anything... I think it was the best decision I ever made." – Darlene K, RCT, Stenberg grad

Due to overwhelming demand a 2nd Information Session has been added

You are invited to an
INFORMATION SESSION
Monday Oct. 6th · 7 pm – 9 pm
Wellness Institute at Seven Oaks General Hospital
1075 Leila Avenue, Winnipeg, MB (Room #4)
All attendees will receive $500 bursary*
*Cannot be combined with other bursaries.
Please RSVP to
rsvp@stenbergcollege.com or by tel: 1-866-580-2772

Arming yourself with great answers

Get ready to be recruited. The best ways to respond to interview inquiries

SHAHEERAH KAYAN
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips for preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"
This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weaknesses and are taking action to deal with them will demonstrate that you are proactive and like to take initiative.

"Why do you want to work in this position/work at this company?"
Make sure to research the position and company before the interview. Here, you can talk about why the role interests you and what skills you have that will complement the position. Also talk about what attracted you to the company in the first place, such as opportunities for on-the-job training or the company's social responsibility initiatives.

There is strength in being able to acknowledge your weaknesses, and in pointing out how you're working to improve in those areas. ISTOCK

"Can you describe a difficult obstacle you faced, and how you overcame it?"
This is a classic question because employers want to judge your ability to problem solve and handle tough situations.

Give solid examples of situations where you had to work under pressure, complete a tough assignment or co-operate with problematic team members. Briefly describe the situation and then talk about what steps you took to solve the issue.

Talk about the positive outcomes that resulted, and what you learned from the overall experience.

After the interviewer is done with their questions, they will ask you if you have any questions for them. It's a good idea to say yes (this shows you are genuinely interested), and have some good questions to ask them. Don't ask about salary and don't ask a question you could easily have researched beforehand. Instead, here are some good questions to ask:

- What is the most challenging and fun thing about this position?
- Is there a particularly challenging area of this position I should be aware of?
- What new projects will I get to assist with?
- What is a typical day on the job like?
- What will happen next in the hiring process?

Looking forward

"What are your short-term goals (over the next five years)?"

- To answer this, describe your professional goals and then relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Improv-ing the way we go about our day

Setting the stage for success. How one CEO is using theatre techniques to make better work decisions

LAKSHMI GANDHI
Metro in New York City

By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old non-profit lender founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, he performs as an improv comedian with Artistic New Directions, a theatre group in Manhattan.

Rodriguez says he's tried to incorporate what he's learned from his side career as an actor into the corporate world. But the key lesson that improv has taught him may come as a surprise.

"The most important thing would be listening," says Rodriguez. "How important that is, to listen to someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

Keep the conversation going
The trick to succeeding, says Rodriguez, is not to let the conversation peter out. To do this, Rodriguez says you should use what he calls the "yes, and" principle.

"It's an actor's job to justify, make positive choices and respect (the) physical and verbal reality of the scene, for example. Apply that to business," he says.

If you end up saying something like "I don't know" or "We can't do that," you are effectively putting an end to any potential negotiations and shutting the door to a potential project.

"If I don't listen to the proposal and interact and keep that scene going, I would never know what their thoughts were and what they were doing or thinking."

Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience.

- "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez.
- "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'"
- "Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you."

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Add a splash of colour to your tacos

Vegetarian dish. Black beans, bell peppers, corn and more make for a very memorable presentation

DINNER EXPRESS
Emily Richards
food@metronews.ca

If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

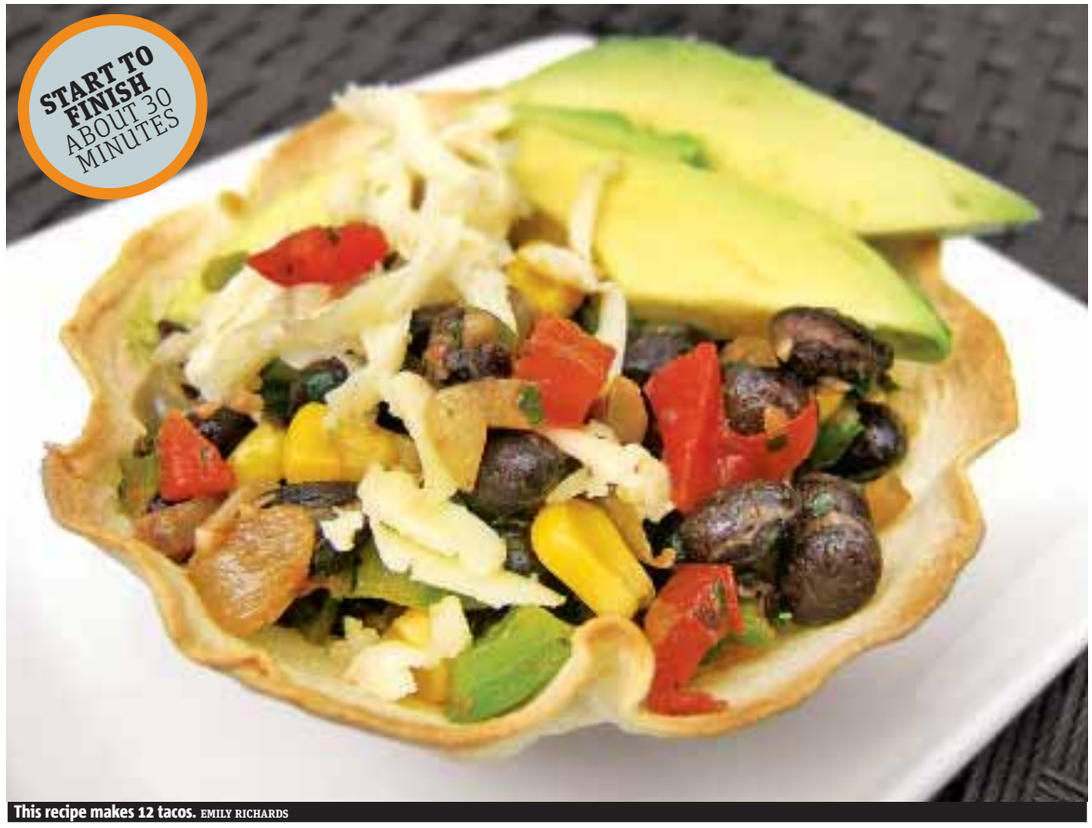
Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze, once they are solid you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and serve it up at room temperature or right out of the pan.



This recipe makes 12 tacos. EMILY RICHARDS

Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

1. Brush your spinach or tomato basil tortillas lightly with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

FLASH FOOD

From your fridge to your table in about 30 minutes or less

Sweet yet tangy with each bite

1. In a large sauté pan over medium-high heat, melt the butter. Add the onion and sauté until translucent, about 5 minutes. Add the shrimp and sugar and sauté until just barely pink and firm, 3 to 5 minutes. Stir in the red pepper flakes and Peppadews, then heat for another minute. Season with black pepper.

Ingredients

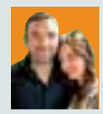
- 2 tbsp butter
- 1/2 medium red onion, diced
- 1 lb shelled, raw large shrimp
- 1 tsp sugar
- 1/2 tsp red pepper flakes
- 1/2 cup sliced Peppadew peppers
- Ground black pepper
- 1 heart romaine lettuce, finely chopped
- Four 8-inch flour tortillas
- 2 oz crumbled fresh goat cheese
- 1 avocado, peeled, pitted and sliced

This Sweet-and-Tangy Shrimp Taco recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. Arrange a quarter of the romaine down the centre of each tortilla, then top with a quarter of the shrimp and Peppadew mixture. Top each serving with a quarter of the cheese and avocado slices. Serve. THE ASSOCIATED PRESS

Food around the world

Bolivia (vegan rating: 6/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: Veg's choice in Bolivia resembled a beef-laden stew but it was dark chunks of soy meat mixed in with carrot discs, peas and thin slices of leek covered in a gravy. The hearty meal was complimented by a colourful quinoa tabouli with cherry tomatoes and celery. This was offered at the impressive La Paz vegetarian joint Namas Te.

Meat: Yes, llamas are cute but, no, it did not stop me eating one. But, as I had learned on previous trips to this land, the meat is ultra tough and not all that tasty. Serves me right, I guess. The rice, avocado, yellow pepper and carrot mix did make the whole meal edible, though. It was all followed by a wooden cup of the energy-filled cult tea — South American mate.

Women's World Cup

No Plan B other than turf: FIFA

Despite the threat of a lawsuit from top players, there is no Plan B beyond playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of top female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

THE ASSOCIATED PRESS

'Deeply sorry'

Phelps apologizes for DUI arrest

Olympic champion Michael Phelps apologized Tuesday for his latest brush with the law, saying he was "deeply sorry to everyone I have let down" with an arrest for DUI.

Police charged the 18-time gold medallist after officers said he was speeding and failed field sobriety tests when pulled over in his native Baltimore early Tuesday.

This is the second time Phelps has been arrested on drunken-driving charges, the first coming in 2004 after he competed at the Athens Olympics. He also was photographed using a marijuana pipe after the 2008 Beijing Games, which resulted in a three-month suspension from USA Swimming.

THE ASSOCIATED PRESS

Blue Bombers quarterback Drew Willy is sacked by the Tiger-Cats' Eric Norwood at Investors Group Field on Saturday. JOHN WOODS/THE CANADIAN PRESS

Willy takes a lickin' but keeps on tickin'

CFL. Bombers QB feeling effects of Ticats pass rush but focused on winning in Ottawa

Their quarterback leads the league in passing yards, but the Winnipeg Blue Bombers keep sliding down the CFL West Division standings.

It might look like a paradox, but the last-place Blue Bombers aren't quite out of contention just yet, with only two points separating them from fourth-place B.C. and the crossover spot that could get them into the playoffs.

And Willy and Winnipeg's position isn't unique. A close No. 2 on that passing-yards list is Toronto's Ricky Ray and the Argos sit at 4-8 in the East, making the Bombers' 6-7 record look rather rosy.

Willy, who was a little banged up after Winnipeg's 16-11 loss to Hamilton last week, didn't throw the football at practice Tuesday, but he was still on the field.

"Pretty sore from the game and just wanted to do everything I can to be ready to go tomorrow (in practice)," he said. "I didn't want to make anything worse."

Piling on the points

304

The Blue Bombers rank fourth in the league with 304 points scored.

He said they don't have to rewrite their playbook to succeed.

"We just need to execute at a higher level throughout the game. We can't have penalties. We can't have misreads. We just need to be more efficient as an offence … the yardage was there last game but the points weren't."

Winnipeg has made big strides after a disastrous 3-15 season in 2013, which cost both the former coach and general manager their jobs. The Blue Bombers started the 2014 season with five victories in their first six games but have recorded just a home win over Montreal since.

"I don't think we've changed what we're doing at all," head coach Mike O'Shea said.

"I think we're staying the course. I think we're evolving and getting better."

The Bombers next play on Friday against the Redblacks in Ottawa. THE CANADIAN PRESS

Career resurgence earns Volquez wild-card start

Pirates pitcher Edinson Volquez will get the start in Wednesday's National League wild-card game against the Giants. GENE J. PUSKAR/THE ASSOCIATED PRESS

Edinson Volquez's renaissance began with a simple game of catch.

During his brief session with Pittsburgh Pirates pitching coach Ray Searage on that January day at the team's training facility in Florida, the talented but erratic right-hander listened as Searage outlined a plan to help the 31-year-old regain the form that once made him an all-star.

"He felt wanted," Searage said. "That builds trust."

Ten months later, Volquez will try to repay that trust by sending the Pirates into the NL Division Series for the second straight year when he starts Wednesday night's wild-card game against San Francisco.

Win or go home

Go to metronews.ca for coverage of Tuesday night's AL wild-card playoff between the Kansas City Royals and Oakland Athletics.

The raucous scene that awaits Volquez at PNC Park is in stark contrast to his ignominious exit from San Diego last summer, when the floundering Padres released him after a miserable stretch in which his ERA ballooned to 6.01.

"It's kind of sad a little bit," Volquez said. "You feel like your career is over."

Volquez is 13-7 this season with a 3.04 ERA in a team-high 32 starts. Volquez went 5-0 with a 1.64 ERA in his last 11 starts. THE ASSOCIATED PRESS

4 SPORTS

2015 Mitsubishi Outlander

- **Type.** Five-door, compact crossover
- **Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- **Transmission.** CVT (automatic), 6-speed Sportronic automatic
- **Price.** $25,998 base, $38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.

A third row of seats is available, but it's pretty tight back there.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

PHOTOS: MIKE GOETZ

Review. Mitsubishi Outlander remains popular, despite automaker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of crossover utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the Outlander itself, never one to stand out in a crowd, at least visually.

All new in 2014, and retouched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.

Although the base Outlander, the front-drive ES, starts at $25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at $36,198. Our tester was further bolstered with the $2,730 Navigation Package, for an as-tested and meaty price of $38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed for the over-achieving Evolution sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

The interior is uncluttered and effective, with new soft-touch materials.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. It's easy to find a sweet spot in the driver's seat, with lots of adjustability and visibility.

The SE and GT models come with a third row of seating, but it's super-tight back there.

The GT's 710-watt Rockford Fosgate sound system, with eight speakers and a 10-inch subwoofer in the cargo area, was predictably awesome.

Lower-level Outlander models have less high-tech hardware and fewer gizmos to talk about, but seem to have no problem finding buyers. In fact, Outlander outsells many competitors that have more name recognition.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

Compare

1 Ford Escape
Base price: $25,249
Top-selling compact SUV in Canada. Stylish and agile.

2 Honda CRV
Base price:$27,863
Solid and well-designed. Techy and terrific 188-hp engine.

3 Toyota RAV4
Base price: $25,695
Good interior packaging and materials. Secure road manners.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus
April 21 - May 21
You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini
May 22 - June 21
Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer
June 22 - July 23
This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo
July 24 - Aug. 23
If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo
Aug. 24 - Sept. 23
Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra
Sept. 24 - Oct. 23
You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio
Oct. 24 - Nov. 22
What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

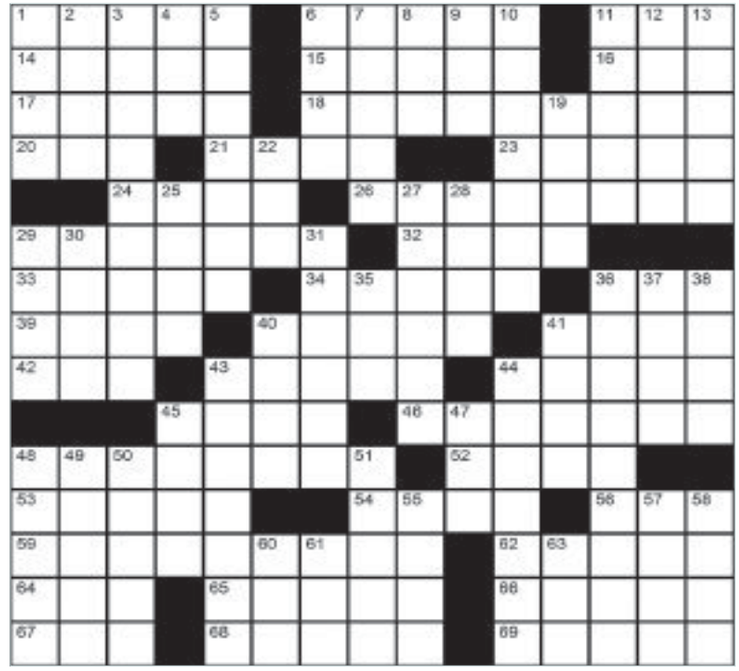
♐ Sagittarius
Nov. 23 - Dec. 21
Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn
Dec. 22 - Jan. 20
Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces
Feb. 20 - March 20
You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

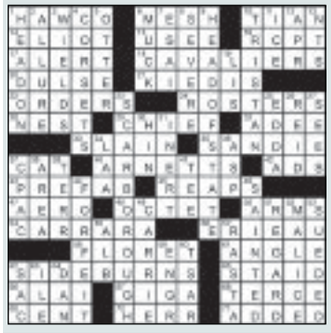
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Bite into, puppy-style: 2 wds.
6. Fibre-__ cable
11. Noncom. officer
14. Irish tune: "Robin __"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "__ d'arte"
18. Manitoba's motto, '__ et liber'
20. Hitherto
21. Hillside
23. "Danke __!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty __
29. Museum bigwig
32. Puccini aria: "_ __ Babbino Caro"
33. Ms. Potts
34. Inert gas
36. _-d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. __ __ water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band
52. Deep __ bend (Gym move)
53. Out on _ __
54. __ sign (Bright advertisement)
56. Simon & Garfunkel's "__. Robinson"
59. Lynryd Skynyrd song that goes "All that you need is in your soul.": 2 wds.
62. Anticipate
64. __ kwon do
65. Strain
66. Cacophonic
67. -enne relative
68. Condemns
69. Classic communication system

Down
1. Village People's "In the __"
2. "Thus with a kiss _ __." - Romeo
3. Harley __, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood
6. Actress Ms. Kurylenko
7. The __ Diet ('Caveman' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf
12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai __
27. Depart the Web: 2 wds.
28. "__ __ next!" (Performer's exclamation)
29. Coke containers
30. Division
31. New York __, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato __
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1						5	2	
	4	2			1			
		5			9	3		
8				6			7	
	5	7				4	1	
	1			7				5
		3	7			2		
			3			7	6	
	9	8						3

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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“I’m just not into you anymore.”
RECYCLING REMINDER
#9
Recycle your plastic bags, just not in your recycling cart. Bring them to one of many retailers with collection bins.
Make the break.
SimplyRecycle.ca
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING